

PERMIT NO. 63
ROCKVILLE, MD
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It's Question Time! Ask the Outreach Worker

Q: I've heard of the Senior Support Services at our Center. What services are offered there?

We answer your questions about how to live and thrive in Rockville. For example:

- ◆ Help you find services such as homecare, home repair, wellness, transportation and counseling;
- ◆ Assist you with completing forms and applications;
- ◆ Visit you in your home if you are unable to come to the Center;
- ◆ Find solutions to emergency financial problems

Our goal is to make sure that you know about all of the community resources and benefits that are available to you. Please contact me by phone, email or in person with any questions about Senior Support Services and Outreach.

Martha McClelland, Senior Outreach
240-314-8816 or MMcClelland@RockvilleMd.gov

Rockville Seniors, Inc.

The board welcomed our new liaison from the Senior Commission, Pat Shultz.

RSI is looking ahead to another Welcome Tea for new members on Thursday, March 7. These events are designed to give new members information about activities and opportunities available at the Senior Center.

Members of RSI will be working with Senior Center staff members to update the RSI brochure for new people. They will also provide suggestions to streamline the procedure to apply for different classes and programs online. We are already planning for the Spring Bazaar which is normally on the first Saturday of May.

The Board wants to give a special thanks to Mary Jane Walling for all she has done on the board as chair, and we wish her well on her decision in leaving the board.

On Friday, February 15 the Center lost a great employee, friend and family member. Nick Aquino, our morning staff member will always be remembered and missed.

Senior Citizens Commission

The Senior Commission is a nine member body appointed by Mayor with the confirmation of the Council. It is charged with proposing programs, activities, legislation, and more, to meet the needs of senior citizens in Rockville and conducting such studies as are necessary to determine those needs. In addition, the Senior Commission has liaisons to Rockville Seniors Inc. (RSI), a board which in large part raises revenue for the Senior Center, the United Seniors of Maryland, a consortium of organizations and individuals that advocate to preserve and enhance the mental, physical, and financial well-being of Maryland seniors, and the Montgomery County Commission on Aging, an influential voice advising Montgomery County government on issues affecting older adults.

In 2012 the Senior Commission launched "Friends of Rockville Seniors," a program created to acknowledge those business that have instituted and promoted the best practices to provide better services to seniors. It also hosted "Concert Under the Stars" an evening concert featuring the Rockville Swing Band, and sponsored a fundraiser for the Senior Assistance Fund. It introduced "Drop-in Corner" a popular once a month citizens forum giving seniors an opportunity to voice their needs and concerns. The Senior Commission also established two new websites, www.rockvilleseniors.com which provides information to seniors and a Facebook page at www.Facebook.com/rockvilleseniors. The Senior Commission is also working with Channel 11 to introduce more senior programming.

The Senior Commission is always looking for volunteers to serve on various committees and projects in addition to bringing new ideas to better serve seniors in Rockville. If you are interested, please call the Rockville Senior Center at 240-314-8800 and mention you are interested in serving on committees of the Senior Citizens Commission.

Attention Duffers:

It's that time of year again!

An organizational meeting for Duffers will be held in the Azalea Room at the Rockville Senior Center on Wednesday, Mar. 20, at 10 a.m.



This Month's Matinees

Friday, March 1, 1-3 p.m.

Looper

(R Sexual situations, profanity, graphic violence, drug content, nudity)

A hired gun from the future discovers that his greatest adversary is himself in this twisting sci-fi mindbender Starring Bruce Willis and Joseph Gordon-Levitt.

Thursday, Mar. 14 and Friday, Mar. 15 1-3 p.m.

Hope Springs

(PG-13 for mature thematic content involving sexuality)

After thirty years of marriage, a middle-aged couple (Meryl Streep and Tommy Lee Jones) attends an intense, week-long counseling session to work on their relationship.

March Supper Club

Tuesday, March 19
5-7 p.m.

Catered by the Rockville Senior Center staff

Your menu will include:

Homemade Corned Beef
(with Whiskey Sauce) & Cabbage
Potatoes
Roll & Butter
Choice of Beverages
Dessert

Cost: \$10 per person
Registration deadline:
Tuesday, March 12

Entertainment: Retro-Rockets

Name: _____

Address: _____

Transportation: ___Yes ___ No

Forget Me Not

Nick Aquino, 65

James Patrician, 74

Patricia Carrico, 84

Doris Dougherty, 95


Philip W. Donahoe, 96



Wellness Tips

STOP MEANS STOP!

If you are driving it is very important that you are able to see, understand and obey the road signs. Posted speed limits are given for a reason....they determine what speed is safe in a neighborhood.

Likewise **STOP** signs () are there to protect people walking and the driver. Please be aware that in the area around the Senior Center there are many children and school buses are making stops on these streets.





Here are some safe driving tips for you to remember:

1. Stay alert and aware of what is going on around you and on the streets.

2. Follow the posted speed limits.

3. Keep a safe distance between you and the car in front of you. If they make a sudden stop and you are too close you run the risk of rear ending that car. (Try to stay two car lengths behind.)

4. Wear your seat belt!

5.  means exactly that! Come to a full  at signs or red traffic lights. You are required by law to  fully behind (or in front/ opposite side of street) of a school bus with its  sign out and lights flashing.

6. Don't drive distracted! Put your cell phone away! Avoid doing anything that takes your eyes off the road.

7. Look around you in the parking lots. Be sure no one is starting to walk behind you when you are pulling out. At the Senior Center, please go slowly in and out of the lots.

Please know that the area around the Senior Center neighborhood has speed cameras and posted speed limits that are strictly enforced. If you have trouble driving, call the Senior Center transportation office to have one of our buses pick you up and take you home.

Betty Figlure, Wellness Coordinator
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